

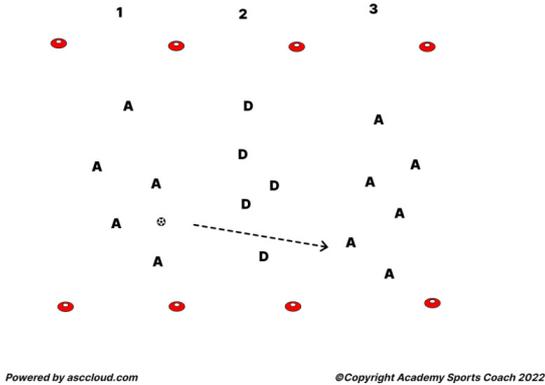
18 January 2023

Coach: Tom Sauder

U14s

Theme: Anticipation, Ball Control, Conditioning, Awareness

Time: 6:00 - 8:00 pm



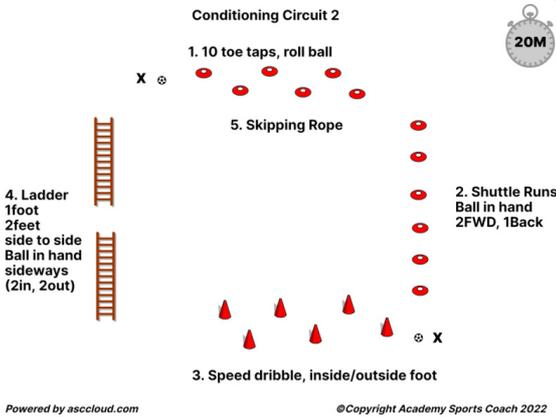
Organization: Three teams in 3 20yd wd x 10yd deep area

Description: Soccer Speed: Anticipation

Outside teams (A) play keep away with team in middle. Team gets a point for each pass through middle. If defending team intercepts pass or ball goes out of bounds team change roles. Play 5 minute games and count points for each team. Declare winner.

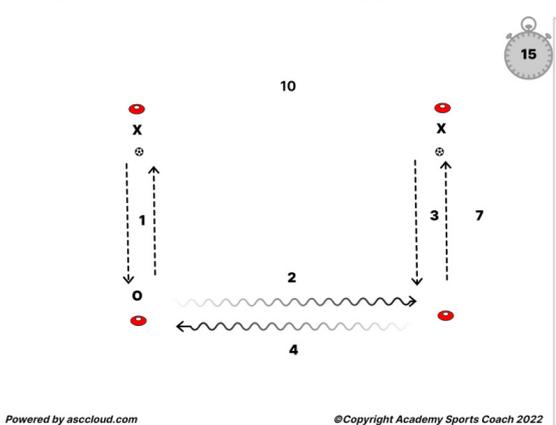
Coaching Points:

Two touch passing. In last two games allow one attacking player to enter middle zone as target player. Play to target player who lays off diagonally back for final pass. Quick ball release. Communicate. Defending team shifts to close passing lanes.



Organization: 2 Groups

Description: Conditioning Circuit 2



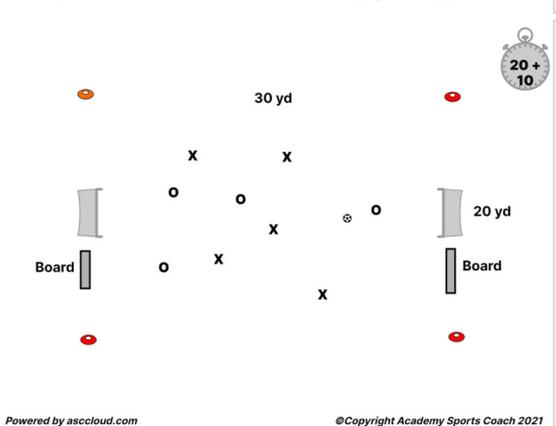
Organization: 10yd x 7yd, 3 players per area

Description: Bounce Pass & Move

X passes to O who one touch passes back. After pass back O runs across to receive pass from second X and bounces back. Rotate through every 60 seconds.

Coaching Points:

X weights pass to arrive at cone at same time as O. O must sprint after pass. O must pass firm and to feet.



Organization: 30x20 area. Two teams. Awareness pinnies & boards

Description: Awareness SSG: Cognition with coded pinnies

Each player has a white or red pinny. On each pinny is a shape (circle or diamond), number (1 or 2), letter (A or B). Example pinny is Red/Diamond/A/1. All pinnies have different combinations. By each goal is a board - goal 1: Red/Diamond/1/A, goal 2: White/Circle/2/B

Start game with red v. white. Red attacks goal with red board, white attacks goal with white board.

Call out any variable. E.G. Call "numbers" and all the 1s play v 2s attacking board on their pinny. On every call new teams form and play together. After 20 minutes play regular SSG Red v. White